Options: Family Health\(^1\), Food Service\(^2\), Global Health & Policy\(^3\), Health Coach\(^4\), Nutrition & Wellness\(^5\)

Minimum of 120 total semester credits required for the degree. Course credits are shown in parentheses.

(6) **INT’L PERSPECTIVES/U.S. DIVERSITY**

(3) Select from International Perspectives approved list: http://www.registrar.iastate.edu/students/div-ip-guide

(3) Select from U.S. Diversity approved list: http://www.registrar.iastate.edu/students/div-ip-guide

(10) **COMMUNICATIONS AND LIBRARY**

(3) ENGL 150 Critical Thinking and Communication

(3) ENGL 250 Written, Oral, Visual, Electronic Comp.

(1) LIB 160 Information Literacy

(3) SP CM 212 Fundamentals of Public Speaking

(15-18) **HUMANITIES AND SOCIAL SCIENCES**

(3) Humanities course**

(3) PSYCH 101 or 230 Psychology course

(3) SOC 134 Introduction to Sociology

(3) POL S 344 Public Policy

(3) FS HN 342 World Food Issues

(Course can dual with International Perspectives)

College of Agriculture & Life Sciences students

(3) Elective

OR, College of Human Sciences students

(3) Additional Humanities course**

(6-8) **MATHMATICAL SCIENCES**

(3-4) MATH 140, 143, 160, 165 Math course

(3-4) STAT 101 or 104 Statistics course

(5) **PHYSICAL SCIENCES**

(4) CHEM 163 or 177 College Chemistry or Gen. Chem. I

(1) CHEM 163L or 177L Laboratory in Chemistry

(19) **BIOLOGICAL SCIENCES**

(3) BIOL 211 Principles of Biology I

(1) BIOL 211L Principles of Biology Laboratory I

(3) BIOL 212 Principles of Biology II

(1) BIOL 212L Principles of Biology Laboratory II

(3) BIOL 255 Fund. of Human Anatomy

(1) BIOL 255L Fund. of Human Anatomy Laboratory

(3) BIOL 256 Fundamentals of Human Physiology and Laboratory

(1) BIOL 256L Fund. of Human Physiology Laboratory

(2) MICRO 201 Introduction to Microbiology

(1) MICRO 201L Introductory Microbiology Laboratory

(5) **FOOD SYSTEMS**

(3) FS HN 242 The US Food System

(2) FS HN 442 Issues in Food and Society

*Food systems courses include FS HN 242, 342, and 442: FS HN 342 fulfills the social science requirement shown above.*

(35) **FOOD SCIENCE AND HUMAN NUTRITION**

(3) FS HN 101 Food and the Consumer

(1) FS HN 110 Professional and Educational Preparation

(2) FS HN 111 Fundamentals of Food Preparation

(1) FS HN 115 Food Preparation Laboratory

(3) FS HN 167 Introduction to Human Nutrition

(1) FS HN 203 Contemporary Issues in FSHN

(3) FS HN 264 Fund. of Nutritional Biochemistry & Met.

(3) FS HN 265 Nutrition for Active &Healthy Lifestyles

(2) FS HN 361 Nutrition and Health Assessment

(3) FS HN 364 Nutrition & Prevention of Chronic Disease

(3) FS HN 365 Obesity and Weight Management

(3) FS HN 366 Communicating Nutrition Messages

(2) FS HN 403 Food Laws and Regulations

(3) FS HN 463 Community Nutrition (U.S. Diversity)

(2) FS HN 495 Practicum

ADDITIONAL COURSEWORK BASED ON OPTION:

(18) **Family Health Option**

(3) HD FS 102 Individual and Family Development

(6) Select two of the following:

HD FS 223 Child Development and Health

HD FS 226 Development & Guidance in Middle Child.

HD FS 227 Adolescent and Emerging Adulthood

HDFS 234 Adult Development

HD FS 249 Parenting and Family Diversity Issues

HD FS 270 Family Communications and Relationships

(9) Select three of the following:

HD FS 367 Abuse and Illness in Families

HD FS 373 Death as a Part of Living

HD FS 377 Aging and the Family

HD FS 395 Children, Families, and Public Policy

HD FS 449 Program Evaluation and Proposal Writing

HD FS 463 Environments for the Aging

HD FS 479 Family Interaction Dynamics

(18) **Food Service Option**

(3) HSP M 380 Food Production Management

(3) HSP M 380L Food Production Management Experience

(3) HSP M 391 Foodservice Systems Management I

(3) HSP M 392 Foodservice Systems Management II

(3) ECON 101 Principles of Microeconomics

(3) ACCT 284 Financial Accounting

(18) **Global Health & Policy Option**

(3) ANTHR 201 Introduction to Cultural Anthropology

(3) SOC 348 Global Poverty, Resources & Sustain Develop.

(3) ECON 101 Principles of Microeconomics

(3) POL S 251 Intro to International Politics

(3) C R P 383 or 451 (Community & Regional Planning course)

(3) FS HN 460 Global Nutrition

(18) **Health Coach Option**

(2) KIN 258 Physical Fitness and Conditioning

(3) KIN 358 Physiology of Exercise

(4) KIN 458 Principles of Fitness Assess. & Exercise

(3) PSYCH 101 or 230 (psychology course not already taken)

(3) PSYCH 422 Counseling Theories and Techniques

(3) PSYCH 485 Health Psychology

(10-18) **Nutrition and Wellness Option**

At least 9 credits of electives must be 300-400 level courses.

Select from any university coursework to earn at least 120 credits.

** Students must fulfill the International Perspectives and U.S. Diversity requirements by selecting coursework from approved lists; courses may dual list with other degree requirements.

** Select humanities course from approved list: http://fshn.hs.iastate.edu/advising-and-resources/

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